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August 2012 Page 1 of 2

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KLynn Counseling

a place for new beginnings

**I want to help people with depression understand that there is hope, so that they can get the help they need to live rich, fulfilling lives**

[**Tom Bosley**](http://www.brainyquote.com/quotes/quotes/t/tombosley179846.html)

If there is any point I want to get across today, it is the quote found above. Our culture seems to be drowning in depression. Most people will suffer from depression at least one time during their lifetime. Statistics on depression are growing for all age groups, even young children. The numbers are alarming. So why are the rates of depression so high?

This society, this era, has more material goods than probably any other. While economic times are more difficult right now than they have been in the previous few years, the average person in this country is wealthy when compared to most of the world’s population. Even those on the bottom of the economic scale have access to more resources than not only those in other nations but those in other periods of history. It should be obvious that material goods in themselves are not the answer. Some of the wealthiest people are the most dysfunctional and depressed. **The term clinical depression finds its way into too many conversations these days. One has a sense that a catastrophe has occurred in the psychic landscape.**  
[**Leonard Cohen**](http://www.famous-quotes.com/author.php?aid=1603)

What is this catastrophe that has occurred? I think there are many answers to that question, but here I will express just a few of those that I think are prevalent. The first one is that our society is endlessly seeking an easy, problem free life. The media promotes the idea of “having it all”. Women should be thin, beautiful, and be sought after by the men they meet. Forget about the concept of “aging gracefully”. We shouldn’t age at all! Men should be financially successful, drive a car that makes people’s heads turn, and attract all the female heads that are turning. Marriage should be idyllic and full of romance or you should move on to the next relationship until you find the “one” that meets all your needs. For many, life can become so caught up in these pursuits that some of the most basic of life’s principles are left in the dust.



For some the problem goes much deeper. Yes, it is possible that there is some biological component, a predisposition that tends toward depression. But even with that, depression needs some kind of trigger. For some it can seem to come “out of nowhere,” just swooping down like a bird of prey with its claws bared. It can appear to have no direct correlation with anything or anyone at the time. In that case, there are usually some undealt with hurts or trauma from the past that could go back as far as childhood. It can come from a grief that has not been entirely processed. It can come from unforgiveness or bitterness that never had a chance to be rooted out. For others, it could mean that there is a situation that is known and has been going on for a long enough period of time that change or relief seems hopeless.

The good news is that there are answers for depression. It may take some time. It may take some work to dig out the roots of depression, but it is a treatable condition. It is treatable from a psychological perspective and it is certainly treatable from the perspective of God’s Word. Let’s look back at some of the reasons we’ve discussed and find some answers.

It might be time to examine what is really important. The physical and material things enumerated at the beginning of this newsletter are temporal and can fade away all too quickly. It might be more satisfying to concentrate on the lasting parts of life such as family, true friends, and your relationship with God. This life on earth is short even if you live to be 100. The assurance of things eternal can bring great joy even when life doesn’t work out exactly as you planned. ***“What good is it for someone to gain the whole world, yet forfeit their soul?”*** [***Mark 8:36***](http://www.biblegateway.com/passage/?search=Mark+8:36&version=NIV)

**If you have had some serious trauma in your past, it may be time to examine it and take the time to work through it. For depression based in this root, I would seriously recommend that you don’t try to deal with it alone. Talk to a very trusted friend, your pastor, or a counselor. It may take time to work through the hurt and if needed find a way to forgive, but the effort is worthwhile. This kind of work comes a piece at a time. Every piece you deal with brings greater freedom. Don’t be discouraged. Just like physical wounds that are deep, more than a couple of procedures may be necessary. But healing is possible.** *“****For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD”.***[***Jeremiah 30:17***](http://www.biblegateway.com/passage/?search=Jeremiah+30:17&version=KJV)

Try finding someone else who is troubled and give into their life without expecting them to return the favor. Better yet, do it in a way so that they won’t know it was you. Giving takes your mind off of yourself and puts it somewhere else. I know from experience that depression can become very self absorbing.

Count your blessings. That is a simple but very powerful truth that brings JOY back into your life. On a personal note, when I was a teenager I was hit with a bout of depression just like that swooping bird of prey. I didn’t know where it came from and at that time I had no idea who to turn to for help. I did know how to pray and I did that. One night that was particularly bad, I was trying to sleep and failing, when through my mind floated the most unusual thing. I remembered Bing Crosby in the movie *White Christmas* singing, “I fall asleep counting my blessings”. Not knowing what else to do I tried doing that. At first it was like wading through quicksand, but after awhile it got easier and I did fall asleep. It was a turning point. While I did eventually need to work through some past hurts this was something that I never forgot. Thankfulness puts things in perspective. It shines a ray of light into the darkness of depression and it gives you a road of hope to walk on.

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.**“We want to create hope for the person ... we must give hope, always hope”.** [**Mother Teresa**](http://www.famousquotesandauthors.com/authors/mother_teresa_quotes.html)